

**Amendments to the claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of claims:**

Claims 1-13 (canceled)

Claim 14 (currently amended): A head restraint for use in motor vehicles, comprising:

a support including at least one support leg for fixing the head restraint to a vehicle seat;  
an adjusting arrangement operable to adjust at least an angle and a height of the head restraint in relation to ~~a~~the vehicle seat, the adjusting arrangement having a plurality of positions arranged in a predetermined order of a non-operating position that prevents adjustment of the angle and the height of the head restraint, a first operating position that permits adjustment of the angle of the head restraint, and a second operating position that permits adjustment of the height of the head restraint; and

the adjusting arrangement including a locking plate and an operating element operably connected to the ~~adjusting arrangement~~locking plate for selecting one of the plurality of positions, the plurality of positions being selectable in the predetermined order,

wherein in the first operating position, the angle of the head restraint is adjustable while the height of the head restraint remains locked, the angle being adjustable by engaging the locking plate with an adjusting arm having a plurality of predefined locking positions, and  
in the second operating position, the height of the head restraint is adjustable by engaging the locking plate with the at least one support leg having a second plurality of locking positions.

Claim 15 (previously presented): The head restraint of claim 14, wherein the operating element is operated in one dimension to select at least one of the plurality of positions.

Claim 16 (previously presented): The head restraint of claim 14, wherein the operating element comprises a pushbutton.

Claim 17 (previously presented): The head restraint of claim 16, wherein the first operating position of the adjusting arrangement is selectable by depressing the pushbutton, and the second operating position of the adjusting arrangement is selectable by further depressing the pushbutton.

Claim 18 (previously presented): The head restraint of claim 17, wherein the adjusting arrangement returns to the non-operating position upon release of the pushbutton.

Claim 19 (previously presented): The head restraint of claim 17, further comprising a biasing mechanism connected to the pushbutton for returning the adjustment mechanism to the non-operating position upon release of the pushbutton.

Claim 20 (currently amended): The head restraint of claim 14, wherein the head restraint is supported by a carrier operably coupled to the at least one support leg.

Claim 21 (currently amended): The head restraint of claim ~~20~~14, wherein the at least one support leg includes a plurality of locking elements corresponding to the second plurality of locking positions.

Claim 22 (currently amended): The head restraint of claim ~~20~~14, wherein the at least one support leg comprises two support legs having a plurality of locking elements defining locking height positions of the head restraint.

Claim 23 (currently amended): The head restraint of claim 22, ~~further comprising a~~wherein the locking plate operable to engage includes a locking tongue for engaging the locking elements on the support legs.

Claim 24 (previously presented): The head restraint of claim 14, wherein the head restraint is supported by a carrier at least partially enclosed by a casing, the casing being pivotally connected to the carrier.

Claim 25 (previously presented): The head restraint of claim 24, wherein at least one of the carrier and the casing is made of rigid plastic.

Claim 26 (currently amended): The head restraint of claim 24, ~~further comprising an adjusting element connected to the casing wherein the adjusting arm is received in a curved channel of the carrier.~~

Claim 27 (currently amended): The head restraint of claim ~~26~~14, wherein ~~the adjusting element is an adjusting arm~~ locking plate includes a locking tongue for being received in notches corresponding to the plurality of locking positions of the adjusting arm.

Claim 28 (currently amended): The head restraint of claim ~~27~~14, wherein the adjusting arm is curved.

Claim 29 (currently amended): The head restraint of claim ~~26~~14, wherein the adjusting ~~element~~ arm includes a plurality of notches defining the locking ~~angular~~ positions of the head restraint.

Claim 30 (previously presented): A motor vehicle seat comprising the head restraint of claim 14.

Claim 31 (previously presented): A motor vehicle comprising the head restraint of claim 14.

Claim 32 (currently amended): A head restraint for use in motor vehicles, comprising:  
a support including at least one support leg for fixing the head restraint to a vehicle seat;  
an adjusting arrangement operable to adjust at least an angle and a height of the head restraint in relation to ~~a~~the vehicle seat, the adjusting arrangement having a plurality of positions including a non-operating position that prevents adjustment of the angle and the height of the

head restraint, a first operating position that permits adjustment of the angle of the head restraint, and a second operating position that permits adjustment of the height of the head restraint; and the adjusting arrangement including a locking plate and an operating element operably connected to the adjusting arrangement locking plate for selecting one of the plurality of positions such that the second operating position is selectable in order only after the first operating position,

wherein in the first operating position, the angle of the head restraint is adjustable while the height of the head restraint remains locked, the angle being adjustable by engaging the locking plate with an adjusting arm having a plurality of predefined locking positions, and in the second operating position, the height of the head restraint is adjustable by engaging the locking plate with a plurality of locking elements arranged in the at least one support leg.

Claim 33 (previously presented): The head restraint of claim 32, wherein the operating element is operated in one dimension to select at least one of the plurality of positions.

Claim 34 (previously presented): The head restraint of claim 32, wherein the operating element comprises a pushbutton.

Claim 35 (previously presented): The head restraint of claim 34, wherein the first operating position of the adjusting arrangement is selectable by depressing the pushbutton, and the second operating position of the adjusting arrangement is selectable by further depressing the pushbutton.

Claim 36 (previously presented): The head restraint of claim 34, wherein the adjusting arrangement returns to the non-operating position upon release of the pushbutton.

Claim 37 (currently amended): A method for adjusting a head restraint in a motor vehicle, comprising the steps of:

providing a support including at least one support leg for fixing the head restraint to a vehicle seat;

providing an adjusting arrangement for adjusting at least an angle and a height of the head restraint in relation to ~~a~~the vehicle seat, the adjusting arrangement having a plurality of positions including a non-operating position that prevents adjustment of the angle and the height of the head restraint, a first operating position that permits adjustment of the angle of the head restraint, and a second operating position that permits adjustment of the height of the head restraint;

providing the adjusting arrangement with a locking plate and an operating element operably connected to the ~~adjusting arrangement~~locking plate for selecting one of the plurality of positions;

operating the operating element to select the first operating position of the adjusting arrangement for adjusting the angle of the head restraint by engaging the locking plate with an adjusting arm having a plurality of predefined locking positions; and

operating the operating element to select the second operating position of the adjusting arrangement for adjusting the height of the head restraint by engaging the locking plate with the at least one support leg having a second plurality of locking positions,

wherein the step of operating the element to select the second operating position occurs only after the step of operating the operating element to select the first operating position.

Claim 38 (previously presented): The method of claim 37, wherein the operating element is operated in one dimension to select at least one of the plurality of positions.

Claim 39 (previously presented): The method of claim 37, wherein the operating element comprises a pushbutton.

Claim 40 (previously presented): The method of claim 39, wherein the first operating position of the adjusting arrangement is selectable by depressing the pushbutton, and the second operating position of the adjusting arrangement is selectable by further depressing the pushbutton.

Claim 41 (previously presented): The method of claim 39, wherein the adjusting arrangement returns to the non-operating position upon release of the pushbutton.

Claim 42 (previously presented): The method of claim 37, wherein in the first operating position, the angle of the head restraint is adjustable while the height of the head restraint remains locked.